

DINNERLY



Balanced Louisiana Pork Steaks with Veggie Rice



30 minutes



2 Servings

Tender pork steaks pan-fried in Cajun spices, plus nutty brown rice studded with sweet veggies – it's a match made in Dinnerly heaven!

WHAT WE SEND

- 125g brown rice
- 1 carrot
- 1 red capsicum
- 1 spring onion
- 10g Cajun spice blend ¹⁷
- 2 pork loin steaks

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs mayonnaise ³

TOOLS

- medium saucepan
- medium deep frypan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 740kcal, Fat 36.6g, Carbs 55.9g, Proteins 42.3g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain.



2. Prep ingredients

Meanwhile, peel the **carrot**, then quarter lengthwise and thinly slice. Finely chop the **capsicum**. Thinly slice the **spring onion**. Crush or finely chop **2 garlic cloves**. Combine **2 tsp Cajun spice blend** (see Make it yours) and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **pork** and turn to coat.



3. Cook veggies and pork

Heat **2 tsp olive oil** in a medium deep frypan over medium heat. Cook the **carrot** and **capsicum**, stirring occasionally, for 10 mins or until the carrot is tender. Meanwhile, heat a medium frypan over medium-high heat. Cook the **pork** for 3-4 mins each side until browned and cooked through. Remove from the pan and rest for 4 mins.



4. Finish veggie rice

Add the **garlic** and **2 tsp Cajun spice blend** to the veggies and cook, stirring, for 30 secs or until fragrant. Stir in the **rice** and cook for 1 min or until combined. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Serve up

Slice the **pork**. Divide the **veggie rice** and pork among bowls, drizzle with **mayonnaise** and scatter over the **spring onion**. Enjoy!



6. Make it yours

If you don't like too much heat, reduce the Cajun spice blend to taste or simply season the pork with salt and pepper instead.